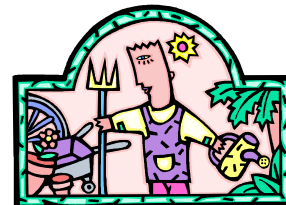


# Gardening For Your Health!



## Gardening – Starting Out

An edible garden does not have to be large. Your garden can start small with a few pots and containers or even just a window box with a few suitable cuttings or herbs.

### Grow things you can eat

An edible garden is a garden that contains flowers, herbs, seeds, berries and plants that you can eat. Flowers and herbs can be used in salads, add flavor to cooked dishes, or used as a garnish. Plants, vegetables and fruits can be eaten raw or cooked. Examples of herbs, fruits & vegetables that are suitable for an edible garden include:

- **Herbs** – basil, chives, sage, mint, oregano, parsley and thyme.
- **Vegetables** – lettuce, tomatoes, cucumbers, corn, zucchini, potatoes, carrots, onions, radishes, broccoli, squash, beets and beans.
- **Fruits** – rhubarb (stems are edible, but the leaves are poisonous), strawberries, blueberries, raspberries, melons, and passion fruit.



Everything you pick to eat should be washed carefully. Only eat flowers in salads if they are organically grown and free of pesticides and other garden sprays.

## Suitable containers

There are a variety of containers that can be adapted to grow plants in. These include:

- Old wheelbarrow that can be moved about
- Old bathtubs or laundry tubs with holes for drainage
- Plastic and terracotta pots on castors that can be moved around easily
- Large pots, polystyrene boxes, barrels, large terracotta pipes and recycled containers
- Purpose-built raised garden beds that can be made to suit your needs.



## Gardening tips

Hints that will help you to create a successful edible garden include:

- If you have a north-facing wall, consider growing suitable plants or vines up the wall in containers.
- Remove weeds regularly as they rob the soil of valuable nutrients.
- Compost most garden materials (leave out the problem weeds) and all vegetables and fruit scraps from the kitchen (you may want to leave out the pumpkin seeds because they'll pop up all over your garden where the compost is used).
- Use mulch and organic fertilizers.
- Rotate crops regularly (every season or at least every year) to ensure that soil stays fresh.



## An edible garden can be any size

An edible garden can be started in a small area. Courtyards, balconies, porches and very small gardens are all suitable sites. If you don't need a raised garden bed, you can create a space directly into the soil in your garden. The area selected should be flat and receive reasonable amounts of sunlight and some shelter from the wind. There should be a garden tap nearby so you can water plants easily, but make sure the walking surface will not become slippery.

### Broccoli Cheese Potato

- 4 hot baked potatoes**
- 2 cups cooked broccoli florets**
- 2 1/2 cups low fat cottage cheese**
- 1/2 cup sliced green onion**
- 4 tablespoons grated low-fat cheese**

Cut potatoes in half lengthwise. Spoon out the inside of the potato and combine with cottage cheese, broccoli and onion. Place filling into potato skins and top with cheese. Microwave for 2 minutes or until filling is hot and cheese is melted. Makes 8 servings.